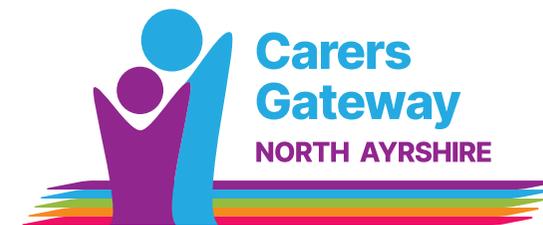
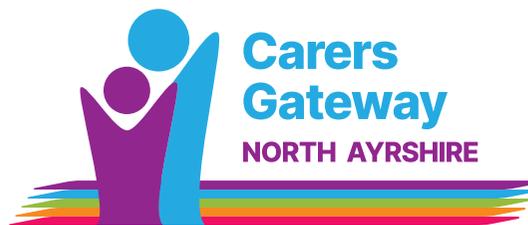


Carers Gateway is a  
carers.org Network Partner

# CARERS TRUST SCOTLAND



**INVESTORS IN PEOPLE**  
We invest in people Standard



## Online Service

Get instant access to a wide range of resources & tools designed for carers like you at our online service, [CarersGateway.org.uk](http://CarersGateway.org.uk).



## Contact Us

### By Phone:

01294 311333 (Mon - Fri, 9am - 4pm)

### By Email:

[northayrshire.carers@unity-enterprise.com](mailto:northayrshire.carers@unity-enterprise.com)

[www.CarersGateway.org.uk](http://www.CarersGateway.org.uk)



Carers Gateway North Ayrshire



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Scottish Charity Number: SC020039

## Information for Young Carers

# Could you use a break from juggling?



[CarersGateway.org.uk](http://CarersGateway.org.uk)



## Who Are Young & Young Adult Carers?

Young Carers (ages 5-18) and Young Adult Carers (ages 16-25) are ordinary young people from all sorts of families and backgrounds who look after or help a family member, friend, neighbour or other who is affected by:

- Disability
- Physical illness
- Mental illness - anxiety, depression, other
- Drug / Alcohol abuse
- Translation or communication difficulties

## What Do Young Carers Do?

They may help with:

- Housework
- Shopping
- Giving medication
- Looking after brothers and sisters
- Listening and emotional care
- Translation or communication
- Physical care

## How can this affect young carers?

Although young carers can feel proud of their caring role, some young carers may feel...

- Stressed, tired or sad
- Lonely
- Worried

You may also feel that you miss time with your friends and miss out on things at school

## If so we can offer...

- Time out & fun
- Peer support
- Info and support
- Someone to talk to
- Advice and one to one support
- Support in school or college
- Funding and respite

## ...and a chance to:

- Meet other young people
- Try new activities
- Learn new skills
- Have a break
- Have fun and much, much more

## Need a Break?

North Ayrshire Young Carers are currently helping lots of young people aged between 8 and 25. We're here to support you!

"I wish I had more time with my friends but when I go to the Young Carers group I feel great; I have my friends and I meet new ones there too."

Carers Gateway also provides a range of services for Adult Carers:

- Advice and Support
- Complementary Therapies
- Support Groups

We may be able to help someone else in your household.

